

NEW

to Northumberland



Family Wellbeing Service

Having a child can be the **most rewarding** and also the **most challenging** time in anybody's life.

'You are not alone'

As part of the Family Hub offer - **personalised support is available to new and expecting mothers, fathers and significant others**, (up until a child is two), who are experiencing mental health issues...

Are you or do you know someone who may need support to:

- understand their low mood
- connect with other parents
- feel less worried about parenting
- establish routines
- breastfeed
- feel less anxious
- have better relationships
- access services

Contact your local Family Hub or speak to your midwife/Health Visitor

In partnership with



#FamilyHubsNland



www.FamilyHubsNorthumberland.co.uk